

Public Welfare

- **Frederick Community Action Agency**
100 South Market St.
Frederick, MD 21701
(301) 600-3955
- **Frederick County Department of Social Services**
100 East All Saints Street
Frederick, Maryland 21701
(301) 600-4555
“Frederick County Department of Social Services assists people in need by administering a wide range of public assistance programs. Primarily, we help low-income county residents as well as families and children in crises.”
- **Frederick County Health Department**
350 Montevue Lane
Frederick, MD 21702
(301) 600-1029
“Public Health. Prevent. Promote. Protect”
- **Frederick County Health Department-WIC Program**
350 Montevue Lane
Frederick, MD 21702
(301) 600-2507
“WIC is a health and nutrition program for pregnant women, breastfeeding moms, postpartum women, infants and children up to age 5. WIC provides a supplemental amount of nutritious foods, nutrition education, breastfeeding support and referrals to other community agencies.”
- **Heartly House, Inc.**
P.O. Box 857
Frederick, MD 21705-0857
(301) 662-8800 TTY (301) 662-1565
“Heartly House serves Frederick County residents who have been impacted by domestic violence, sexual assault, and child abuse. Heartly House has been providing comprehensive services for over 30 years.”
- **Literacy Council of Frederick County, Inc.**
110 E. Patrick St.
Frederick, MD 21701
(301) 600-2066
“By promoting literacy, the Literacy Council of Frederick County empowers people to live more fulfilling lives. By training volunteer tutors, we provide free, individualized instruction to adults in need of essential reading, writing, and English language skills.”
- **Mission for Mercy-MD/PA program**
22 South Market Street, Ste. 6D
Frederick, MD 21701
(301) 682-5683
“Mission of Mercy’s Maryland/Pennsylvania Mobile Medical & Dental Clinic Program has been serving the sick and needy in the region since 1994. It has grown into a charitable organization that serves nearly 5,000 patients annually at seven clinic sites in Maryland and two in South Central Pennsylvania via a mobile medical van.”

- **Planned Parenthood of Frederick**
170 Thomas Johnson Drive Ste. 100
Frederick, MD 21702
(301) 662-7171
“Planned Parenthood of Maryland has been serving the Frederick area for over 40 years. Now, we are expanding to serve clients previously seen at the Health Department for Family Planning and STD services.”
- **Project Forward Step**
Contact: Sandy Cavalier
7932 Opossumtown Pike
Frederick, MD
(301) 846-2485
“Project Forward Step is a counseling, advising and referral center for single parents, displaced homemakers, single pregnant women and other adults in transition.”
- **The Women's Giving Circle**
Contact c/o The Community Foundation of Frederick County
312 E. Church Street
Frederick, MD 21701
(301) 695-7660
“The Women's Giving Circle provides opportunities for donors to promote and support programs that enable and empower women in challenging situations to improve the quality of their lives and the lives of those for whom they are responsible.”
- **Women to Women Mentoring Program at Frederick Community College**
Katherine Douglass, Program Coordinator
7932 Opossumtown Pike,
Frederick, MD 21702
(301) 846-2556
“Woman to Woman Mentoring is an intergenerational program that assists Frederick County women ages 18-35 who desire personal and professional guidance to transform their lives through mentoring relationships focused on career, education, and family concerns.”